

“Establishing a novel graduate medical education wellness program and comprehensive curriculum in the united arab emirates”



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Introduction:

An often-overlooked aspect of medical education is the development of strategies to improve and sustain individual well-being (1, 4). Although data regarding resident physician wellbeing is still scarce in the United Arab Emirates (UAE), recent studies have shown that burnout and depression are high among physician residents (2). This paper proposes a novel wellness framework and curriculum for residency programs which would be the first of its kind in the UAE.

Objectives:

1. Provide tools for programs to assess and monitor burnout and well-being in resident physicians.
2. Provide mentoring, professional development guidance, and career counselling.
3. Provide confidential mental health care and resources for resident physicians.

Description:

The curriculum's primary model targets Emergency Medicine residents. All domains from the American College of Emergency Physician's Wellness Wheel were incorporated (3). We proposed a three-tiered approach which includes: Mental Wellbeing, Physical Wellbeing, and Mentorship & Professional Development. This framework includes resources, didactics, workshops pertaining to the residents' needs for wellbeing. Mentoring, counselling, and wellness surveys were also incorporated to track trainee progress and professional development.

Results:

The curriculum has been implemented at an emergency residency program in a tertiary hospital in Abu Dhabi since 2020. A post intervention survey was conducted among the emergency medicine residents in 2023. Although a quantitative statistical analysis was not conducted due to the limited sample size, the subjective receivability was positive. We hope to conduct a widespread pre and post intervention survey once multi-program implementation is finalized.

Conclusion:

Burnout and depression rate among physician residents in the UAE is prevalent with increasing need for solutions. Incorporating a robust wellness curriculum into physician residency programs should become a routine practice in medical education.